

# **Report of the Fairfax Area Commission on Aging 2003**

*“The 30<sup>th</sup> Anniversary of the COA”*

January 2004

**Commission on Aging Members: 2003**

**Elly Doyle \* Chair \* Dranesville District**

**Sally Hottle \* Vice Chair \* Springfield District**

**\*\*\***

**Marilyn Cantrell \* Sully District**

**Terri Gaffney \* Braddock District**

**Robert Gehring \* COA Chair through 9/03 \* Hunter Mill District**

**Fred Hoffman \* Lee District**

**Bridget Jennison \* Providence District**

**Anita Kapper \* City of Fairfax**

**Fran McWhorter \* At-Large**

**George Myers \* Mount Vernon District**

**Richard Risk \* Mason District**

**Jerry Ziskind \* City of Falls Church**

**Paul Snodgrass \* Providence District \* left COA during 2003**

**2003 was the 30<sup>th</sup> Anniversary of the  
Fairfax Area Commission on Aging (COA),  
established by the Fairfax County Board of Supervisors  
on March 19, 1973**

The COA was mandated “to identify and promote better understanding of the problems of the aging and to plan and promote and, where it is found necessary, conduct activities to contribute to their well being.”

This includes planning, oversight for the Area Agency on Aging’s Area Plan, being a liaison with the County and other governmental, public and private groups concerned with aging, informing the community of needs and resources, being a catalyst for public and private programs to serve older adults, and proposing and recommending legislative and budgetary actions to achieve these goals.

### **COA 2003 Workplan**

The COA developed a workplan to guide its activities during 2003.

#### **2003 Special Projects and Events**

- Respond to County Executive’s FY2004 advertised budget
- Promote partnerships with non-profits
- Celebrate Older Americans Month – May 2003
- Plan and sponsor an Older Adult Employment Event/Older Worker Month
- Promote affordable and “visitable” housing
- Review and endorse the Area Plan for Aging Services for Program Year 2004
- Conduct COA Annual Wagner Lifetime Volunteer Achievement Award
- Recognize Commission on Aging’s 30<sup>TH</sup> anniversary – March 19, 2003
- Develop COA Annual Report

#### **Explore Interest Areas:**

- TRIAD
- Long Term Care Council
- Legislative Concerns and Issues - Federal, State, Local
- Diversity - Prescriptions for non-English Speaking Seniors
- Demographics
- Pain Management in Nursing Homes
- COA website updates – [www.co.fairfax.va.us/service/aaa/homepage.html](http://www.co.fairfax.va.us/service/aaa/homepage.html)
- Senior Navigator website
- Senior Information Center/Making the Link – expand pilot in 2003
- AAA client satisfaction survey results
- Priority issues for seniors

**Study and/or have Presentations or Site Visits:**

- Local programs and services to elderly and caregivers
- Program on budget advocacy and networking
- Areas for possible development and forward-thinking: Long-Term Care Council

The workplan lead to several successes and expanded the areas of community education and involvement for the COA.

**Brief summaries of COA 2003 activities:**

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## **County FY2004 Budget**

The Commission is very aware of the difficult choices facing our policy makers and the impact some of these choices will have. Seniors want to remain in their own homes or in the community rather than institutional care. Often this is a less expensive alternative, however the services must be there when they are needed. Reaching out to language and cultural minorities requires new alliances and approaches as well as resources.

During this decade the number of older adults in our community is expected to increase by 53.4%, while the general population will increase by 15% --a rate more than *3.5 times faster* than the overall population!

The Commission reviewed and commented on the draft financial cuts to the 2004 budget during the fall of 2002. The COA and other human service boards and commissions made clear the impact the cuts would have on the frail seniors in our community. As a result, when the County Executive's budget was released in February, funding for Home Based Care/Community Homes for Adults and the Dementia/Respite Care programs remained intact. The Board of Supervisors adopted a budget without these draft cuts that had been presented as draft the previous fall.

The Commission is very pleased to report that because *cuts were not taken* in FY2004: a waiting list for in-home services was not implemented in July; vulnerable elderly and persons with disabilities continue to have the option of a safe and appropriate "foster home" in the community rather than nursing home placement; and more than 200 low and moderate seniors and adults with disabilities who can not afford private care are having monitoring and supervision by a nurse, and their caregivers are receiving the needed respite "time-out" so that they can continue to provide much needed care.

The budget process also was an *opportunity for the Commission* to work more closely with our elected officials, other commissions and boards (HCAB, CAAB, DSB and others), as well as the Human Services Council, and the Alliance for Human Services to educate them on the needs of older adults in our community.

The COA continues to have concerns that if the County and Cities only maintain current expenditures, they will be unable to meet the needs of this growing population of seniors and that this is happening at a time when budgets are tight at all levels of government and in the community.

## **Partnerships with Non-Profits**

A role of the Commission is to act as a catalyst in the development and expansion of services for seniors. During 2003, COA members met with a number of community organizations to educate them about the needs of seniors in our community and to offer assistance to them as services for seniors are

developed. The question the COA asked was “what (more) can you do for seniors?”. This included meetings and conversations with: parish nurses about aging services available in the community; the Shepherd Center, a coalition of 15-20 ecumenical groups that have a senior center one day a week and an active volunteer program serving older adults; Floris United Methodist Church in Herndon which is interested in developing services for elderly; Northern Virginia Family Services; and the Chesterbrook affordable assisted living project. The education flowed both ways as the Commission had the opportunity to learn more about programs in the community.

The COA work plan emphasizes cultural inclusion in addition to service development. Staff worked in partnership with several County agencies and recently completed a *Fact Sheet for Community Organizations* (attached) which lists what county services are available to community organizations serving or wanting to develop programs for seniors. The Fact Sheet is available in English, Farsi, Chinese, Spanish, Urdu, Vietnamese, and Korean and is also available in these languages on the COA website.

The Commission is now developing a script about aging services available in the Fairfax area so that members of the COA will be comfortable and knowledgeable when speaking before community groups.

The Commission also supports community programs including the organizations that provide Meals on Wheels services to our frail and vulnerable seniors. In April, several COA members participated in the recognition program for Meals on Wheels Coordinators.

### **Older Americans Month**

May is Older Americans Month. At the request of the Commission, the Fairfax County Board of Supervisors recognized this special occasion with a Resolution at its meeting on March 10, 2003. The Falls Church Senior Citizens Commission (SCC) hosted a catered lunch for Senior Center participants on May 21, 2003 to celebrate Older Americans Month. In 2004 the Commission is planning a multicultural event to celebrate Older Americans Month.

### **Older Worker Event**

During previous years the Commission on Aging, in partnership with the Area Agency on Aging, the Senior Beacon and several County and senior organizations, held an Older Worker Expo that drew as many as 1,100 senior job hunters and information seekers. This year's event was anticipated to be scaled down to focus on one area of the County (the site would be rotated around the County each year).

However, in planning the event for 2003, the Commission learned that because of the economy, few employers were willing to participate in the expo and budget

cuts and increased staff demands took their toll when one community partner was de-funded by the federal government, a county office that provided support to the expo was downsized, and the Expo's staff coordinator was assigned additional duties because of work demands. It was the decision of the COA to cancel the Expo for 2003.

The Commission remains very concerned about the plight of the older worker. During the planning process the Commission learned about potential workers who need employment to meet basic life expenses including medications, as well as those who have language barriers that prevent them from making application for positions.

## **Housing**

Affordable assisted living and 'visitable' housing are among the COA's housing priorities. 2003 included a meeting of the COA Chair with the Chair and Vice Chair of the Fairfax Redevelopment and Housing Authority, and key staff, to let them know the interests of the Commission and that the COA is willing to work in partnership on aging issues.

The non-profit developers of the proposed Chesterbrook affordable assisted living project met with the COA seeking support for their project. The need for such housing is a major concern of the Commission because of the high cost of assisted living in the Fairfax area (\$2,000-\$5000 per month) and that many seniors cannot afford this level of care and either remain vulnerable in the community or must leave the area for lower cost care.

After reviewing the Chesterbrook needs assessment, the COA voted to support the project and testified before the Health Care Advisory Board and will testify before the Planning Commission..

Visitable housing has become an issue within the state in part due to the work of the Northern Virginia Aging Network, as well as organizations in the disability community. Visitable housing is a home that can be entered without steps, has an accessible first floor bathroom, and doorways and pathways that are accessible throughout the first floor. The benefit to seniors is that they can return to or remain in their homes even with some physical limitations, their families can bring seniors to live in their own homes without the major costs – both time and money - of additional construction or relocation, and that friends can visit each other even if one or both have physical limitations. Further investigation went into visitable housing constructed in Maryland.

## **Area Plan**

The Commission on Aging reviewed and provided input into the Area Agency on Aging's (AAA) Area Plan of Aging Services. This is a primary responsibility of the Commission on Aging, to "advise continuously the Area Agency on Aging on all matters related to the development of the area plan, the administration of the

plan and operations under the plan.....”, as required by the federal Older Americans Act. This plan is the COA/ AAA’s annual proposal of services to the Virginia Department for the Aging (VDA) for the upcoming year. This results in a funding contract between the VDA and Fairfax County. The plan outlines how the federal Older Americans Act monies, plus state funding that is also received through VDA, will be spent. The funding and programs in the Area Plan are leveraged with local match dollars and additional County funding to build a range of services for seniors in our community that are provided directly, through memorandums of agreement with other County agencies, and through contract with private providers.

The service areas reviewed and endorsed by the Commission include for older adults: care coordination, checking services (friendly visiting and telephone reassurance), congregate nutrition, disease prevention and health promotion, home-delivered nutrition, information and assistance, legal assistance, and volunteer services. The Commission reviewed and endorsed for family caregivers: support groups, public information, respite services, emergency services, and assisted transportation.

The COA has also corresponded with the Commissioner of the VDA suggesting that, for budget purposes, area plan audits be limited for agencies that had received prior satisfactory reviews which is the case for the Fairfax AAA. The Commissioner responded by acknowledging the recommendation and implementing a reduced audit schedule.

The City of Falls Church Senior Citizens’ Commission SCC also reviewed and unanimously supported NVAN’s legislative platform and forwarded a recommendation to the City Council that it be included in the City’s legislative package to the General Assembly.

### **Wagner Award**

During 2003 the Wagner Award for Lifetime Achievement in volunteer services to elderly has been revamped. New criteria for eligibility have been established and the award will be open for nominations after the new year.

### **Northern Virginia Aging Network**

The Commission on Aging is one of the founding members of the Northern Virginia Aging Network (NVAN) which meets regularly to share issues and concerns of Aging organizations in Northern Virginia. Each year NVAN develops a Legislative Platform and holds a legislative forum to educate elected officials about the needs of the senior Virginians we represent.

The March meeting chaired by the Fairfax Commission included a briefing on the Long Term Care Ombudsman Program and the registry of complaints available on their webpage, as well as the Center for Medicare and Medicaid (formerly HCFA) tool to compare nursing homes.



The NVAN Legislative Platform developed for the 2003 General Assembly session was forwarded to the Fairfax County Board of Supervisors for consideration for their legislative package. Many of the issues had been endorsed by the BOS for previous sessions. The COA continued to educate elected officials about these issues.

In September, NVAN held its 4<sup>th</sup> Annual Legislative Forum which was attended by over 30 elected officials and candidates for the VA General Assembly, interested in learning more about the issues impacting seniors in Northern Virginia. The presentation included a film that featured Fairfax County and Falls Church seniors talking about the difference aging services make in allowing them to remain in their own homes.

The Legislative Platform for the 2004 General Assembly session was adopted by NVAN in August and forwarded by the COA to the Board of Supervisors/County legislative representative in October. (See attachment B)

### **Long Term Care Council**

The Commission is doubly fortunate that two of its members have been appointed to the Long Term Care Council. The purpose of the Council is to:

- Facilitate Partnerships to unify and organize the long term care network
- Promote a broader sharing of responsibility and accountability for desired community outcomes
- Establish an entity to guide and nurture a community-collective response to long term care
- Engage our diverse community in responding to our community's long term care needs and increase public awareness of long term care issues
- Establish mechanisms for identifying and promoting best practices
- Building the energy to come together as a community to address our long term care needs
- Stay in touch with knowing and understanding our community needs

The Council has created working committees that currently meet monthly and are focusing on: access, service development, and workforce development.

### **Consolidated Community Funding Pool**

The Commission on Aging is represented by a commission member on the Consolidated Community Funding Pool Advisory Committee (CCFAC), and has taken this opportunity to educate members about how these funds have been allocated in previous funding years and the increasing demand and need to fund aging services. The CCFAC is a grant application process held every two years that provides County funding to community organizations to best meet community needs.

## **Laurel Hill**

The COA met with County staff about the Laurel Hill (formerly Lorton) property and the options for development. Members also participated in community planning sessions about the property. The position of the Commission is that the parcel of land is an opportunity for Fairfax County to develop a world-class living and learning community and that ALL projects developed on the Laurel Hill property not only be accessible to seniors, but also be inviting to them.

The Commission also recommended that private providers and public/private partnerships be solicited to address on the property the issues raised in the Long Term Care Task Force report including:

- Increased supply of accessible affordable housing.
- Increased quality and affordability of assisted living.
- Improved access to transportation services.
- Incentives that improve recruitment and increase retention in the long term care workforce.
- Expanded senior centers that become community based service providers for the organization and delivery of services.
- Increased availability and accessibility of adult day programs for special populations.

## **Meetings with Supervisors**

COA members have meet with their appointing authorities to brief them on aging issues and also attended and participated in community meetings such as Supervisors' Town Meetings

## **Public Relations and Communication Plan**

A COA subcommittee drafted a Public Relations and Communications Plan that included press releases, speaking engagements, and community education.

## **Pain Management in Nursing Homes**

Last year the COA sponsored an event focusing on pain management in nursing homes. This was followed this year by a survey of all nursing homes on the approach they are taking concerning the assessment of pain. Pain management legislation is now part of the NVAN Legislative Platform for the 2004 General Assembly.

## **COA Website Updates**

The Commission has updated its website ([www.co.fairfax.va.us/service/aaa/homepage.html](http://www.co.fairfax.va.us/service/aaa/homepage.html)) to include contact information for reaching COA members, the Area Plan of Aging Services, the COA Work Plan, and adopted COA minutes.

## **Senior Information Center/Making the Link**

How to reach older adults and their caregivers with the information they need when they need it has been an ongoing challenge. Last year, a pilot was started called Senior Information Center (SIC) whereby information about service links was developed into a brochure placed by community volunteers in doctors' offices in the Fairfax Area. The community volunteers also had a working relationship with some of the doctors and their staff to educate them and provide information and referral. The COA has been interested in expanding this project.

The National Association of Area Agencies on Aging (N4A) requested partners for a program it was developing called Making the Link. The Fairfax AAA was chosen to expand its SIC program and asked by N4A to teach lessons-learned from the SIC program at the N4A national conference.

## **In Closing....**

It has been a year with several successes for the Commission on Aging. COA members are aware that, as we enter 2004 with a growing senior population and the diversity of needs, there is much more to be done. The COA is looking forward to the challenge and invites others to join with them in identifying and addressing the needs of seniors in our community.

Attachment A:        **A Message to Community Groups**

**Fairfax County and Community Organizations  
Working Together to Serve Older Adults**

Many community organizations approach Fairfax County's aging services agencies about helping their organization serve their seniors. Some already have groups formed and others are looking for a chance to start groups. Some are looking just for information they can share with their members. This fact sheet is a starting point.

Fairfax County agencies are looking forward to working with you. The following information is to give you an idea of the possibilities Fairfax County offers to groups serving seniors ...

- Brochures/Videos/Speakers
- Citizenship Classes
- Computer Classes for Seniors
- Consultation on How to Recruit Volunteers
- County Grants and Grant Writing Training
- Demographics Information and Needs Assessments for Your Proposals
- English Language Classes
- Development of Senior Groups
- Golden Gazette Newspaper
- Meeting Space
- Newsletters
- Participation in County Senior Programs
- Public Safety
- Requesting Volunteers
- Support Groups
- Transportation for Group Trips
- Transportation Information
- Volunteer Projects for Groups

This fact sheet will be provided in alternative formats, such as large print or Braille, upon request. Allow 7 days for preparation of the material. Please call Roseann Tergis, Area Agency on Aging, 703-324-5421(V), 703-449-1186 (TTY).

For general information about any Fairfax County government service, call the County Information Desk at 703-324-3185 (V), 703-324-2935 (TTY). Additionally, visit our website at [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov).

This document is also available in Korean, Vietnamese, Spanish, Arabic, Farsi, Urdu and Chinese.

May 29, 2003

### **Brochures/Videos/Speakers**

Is your group interested in getting information about Aging services? What does your group most want to learn about?

- Fairfax County has information about County programs and about topics of interest to senior adults. The County can provide brochures, can loan videos, and can often provide speakers for meetings.
- One particularly useful resource is a listing of County and community aging services called Services for Older Adults in the Fairfax Area. It lists over a hundred organizations by topic and provides telephone numbers for reaching them. Call Roseann Tergis at Area Agency on Aging, 703-324-5421 (V), 703-449-1186 (TTY), to receive multiple copies. This directory is also available on the Web at <http://www.fairfaxcounty.gov/service/aaa/homepage.html>.
- A second resource is the Citizen Handbook. This comprehensive guide to County services includes a section on senior issues and services. It is available online at <http://www.fairfaxcounty.gov/handbook/s.htm>.
- A list of aging-related brochures and videos is available by calling Roseann Tergis at Area Agency on Aging, 703-324-5421 (V), 703-449-1186 (TTY). Please review the attached form and be ready to answer the questions when you call.
- To request a speaker for your organization, review the information on the attached form and call Beth Hershner at Area Agency on Aging, 703-324-5425 (V), 703-449-1186 (TTY), as far in advance as possible. We will try to find an available speaker for the topic, date and time of your meeting but it is not always possible. It is important for you to consider just what you want to learn about so that the right person can be recruited to speak to your group.

### **Meeting Space**

Fairfax County can sometimes provide space for senior groups to meet.

- There are twelve County sponsored senior centers. They operate five days per week from 9 a.m. to 3 p.m. Some of the centers have meeting rooms that can be used by other senior groups if the meetings are also open to participants of that particular senior center. There usually is no fee for use of the meeting rooms during weekdays. Contact Dorothy Keenan at Senior Services, 703- 324-5528 (V), 703-222-9693 (TTY).

- Meeting space is available in County libraries. To arrange to use this space call your local library. There is no fee for use of these rooms.
- Meeting space is also available in some of the regional government centers. Call your member of the Board of Supervisors to determine if space is available. Not sure who to call? Contact the Clerk's Office at 703-324-3151 (V), 703-324-3903 (TTY), to request the name of your Magisterial District Supervisor and the number of his/her district office.

### **Participation in County Senior Programs**

Fairfax County invites individual seniors and groups of seniors to participate in the County's Senior Center programs and activities.

- Senior Centers provide recreation programs and activities, health seminars, trips, nutritious lunches, and transportation to and from the centers. The centers are open free to County residents (minimal donations are requested for lunches and transportation). All languages and nationalities are welcome. To get more information about involving your seniors in these programs, contact Dorothy Keenan at Senior Services, 703-324-5528 (V), 703-222-9693 (TTY).
- The County also offers Library programs and services for seniors, including those with vision loss. Contact Jeanette Studley at Access Services at 703-324-8380 (V), 703-324-8365 (TTY).
- Adult Day Health Care Centers are designed to provide services to adults and seniors who need supervision during the day. The program provides activities planned by a therapeutic recreational therapist, ongoing health assessment and monitoring by a registered nurse, assistance with personal care, transportation by FASTRAN, a nutritional snack, breakfast and lunch, and support services. Their goal is to enable adults to maintain as much independence as possible while preserving their dignity and enhancing their quality of life. The fees for service are based on a sliding scale. To learn more about these programs, contact Shauna Severo at Adult Day Health Care, 703-246-2947 (V), 711 (VA Relay).

### **Golden Gazette Newspaper**

The County publishes a monthly newspaper for seniors called the Golden Gazette. It includes information on County and community programs, health and insurance information, schedules of Senior Center activities, volunteer opportunities, and aging related advertising. A large print

version is available for persons with limited vision and it is also available on tape. The paper is free. Readers are encouraged to donate \$7 annually to support the printing costs.

To have someone's name added to the mailing list for home delivery or to arrange for a number of copies to be delivered to your organization for distribution to seniors, call Kathy Wilson at Area Agency on Aging, 703-324-5632 (V), 703-449-1186 (TTY). To inquire about rates for advertising in this paper, contact Becky Adams at Area Agency on Aging, 703-324-5479 (V), 703-449-1186 (TTY).

You are welcome to use articles from the Golden Gazette in your newsletters. We ask that you note the source of the article ("from the Golden Gazette").

#### **Development of Senior Group**

- If your organization has its own meeting space and would like the County to assist you in developing recreation and health programming for your seniors, contact Dorothy Keenan at Senior Services, 703-324-5528 (V), 703-222-9693 (TTY).
- The Libraries also offer assistance in developing reading programs for seniors. Contact 703-324-8380 (V), 703-324-8365 (TTY).

#### **County Grants and Grant Writing Training**

Fairfax County offers grants to non-profit 501(c)(3) groups through a competitive process that takes place every two years. The program is called the Consolidated Community Funding Pool. The next opportunity to apply for grants will be in November 2004. You can have your organization's name added to the mailing list when the announcement is made requesting proposals by calling Steve Knippler at 703-246-5161 (V), 711 (VA Relay).

The County also holds grant writing training and business management classes for community non-profits. For information on this training, or to have your name added to the list to receive information about these trainings when they are planned, please call Steve Knippler at 703-246-5161 (V), 711 (VA Relay).

Grant writing classes are also offered through Adult and Community Education which publishes a list of classes. You can contact them at 703-227-2200 (V), 703-449-0634 (TTY).

## **Demographics Information and Needs Assessments for Proposals**

The County collects and develops demographic information that can be used when writing funding proposals. Aging demographics are available on the Web at

[www.fairfaxcounty.gov/comm/demogrph/pdf/CAS\\_Seniors.pdf](http://www.fairfaxcounty.gov/comm/demogrph/pdf/CAS_Seniors.pdf).

The County has also done a number of needs assessments related to aging services. Carolyn Carter can help identify useful information. She can also help with demographic information if you do not have access to the Web. Contact Carolyn Carter at Area Agency on Aging, 703-324-5411 (V), 703-449-1186 (TTY).

Demographic and needs assessment information on people with disabilities is available from Disability Services Planning and Development at 703-324-5421 (V), 703-449-1186 (TTY).

## **Transportation for Group Trips**

Fairfax County operates the FASTRAN bus service. Buses can be hired for senior trips weekdays between 10 a.m. and 2 p.m. Charter buses are also available during evenings and weekends. Buses hold up to 22 people. The hourly rate from pick-up to return drop off is \$51.52. Contact Mike Hanna at FASTRAN, 703-222-9764 (V), 703-222-9693 (TTY), for information.

## **Transportation Information**

Disability Services Planning and Development also has a very helpful guide on public transportation options for people with disabilities that includes who can use the services, how to use, costs, and whom to call. You can receive a copy of this guide, Northern Virginia Transportation Services for People with Disabilities, by calling 703-324-5421 (V), 703-449-1186 (TTY).

The Fairfax County Department of Transportation also provides training for groups of seniors on how to use public transportation. Call Denis Paddeu at Seniors On The Go!, 703-324-1439 (V), 703-324-1102 (TTY).

The Department of Transportation also sells discounted taxi vouchers to seniors through the Seniors on the Go Program. Contact Denis Paddeu for more information at Seniors On The Go!, 703-324-1439 (V), 703-324-1102 (TTY).

FASTRAN provides Dial-a-Ride service for low-income residents to medical appointments and essential shopping Mondays through Fridays, 10:00 AM – 2:00 PM. Call FASTRAN at 703-222-9764 (V), 703-222-9693 (TTY), for information.

FASTRAN provides rides to recurring critical medical appointments (dialysis, chemotherapy, radiation, physical therapy). Fares vary by



income. Call FASTRAN at 703-222-9764 (V), 703-222-9693 (TTY), for information.

### **Volunteer Projects**

If you are looking for volunteer activities for your senior groups, the Volunteer Coordinators at the Area Agency on Aging can help develop volunteer programs tailored to your needs. Contact Pam Graff at Area Agency on Aging, 703-324-5410 (V), 703-449-1186 (TTY).

### **Consultation on How to Recruit Volunteers**

Many community programs are looking for best practices on recruiting and keeping volunteers. County staff with expertise in volunteer management are available to provide consultation. Contact Pam Graff at Area Agency on Aging, 703-324-5410 (V), 703-449-1186 (TTY).

### **Requesting Volunteers**

If you are in need of volunteers to work with you in your senior programs contact Pam Graff at Area Agency on Aging. 703-324-5410 (V), 703-449-1186 (TTY).

### **English Language Classes**

Adult and Community Education, through Fairfax County Public Schools, offers English for Speakers of Other Languages (ESOL). Call 703-714-5560 (V), 703-449-0634 (TTY), for more information.

Several Senior Centers offer English for Speakers of Other Languages (ESOL) classes at nominal cost. Call Jeanne Alcazar at Senior Services, 703-324-5528 (V), 703-222-9693 (TTY), for more information.

### **Library Services**

The Fairfax County Public Library offers services through its 21 branches. Call 703-324-3100 (V), 703-324-8386 (TTY) for "FastFacts" listing branches and services' addresses and phone numbers, or visit the website, [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library). Services include:

- Free access to the internet including the ability to send e-mail, if the person has an account;
- Access to information;
- Internet resources may be available in other languages, including newspapers from other countries;
- Recreational reading and low vocabulary, high interest books for people learning to read English; and
- Computer training classes. Contact the branch nearest you for class times.

### **Citizenship Classes**

Adult and Community Education, through Fairfax County Public Schools, sponsors classes for people who are preparing for their INS interview. Call 703-714-5560 (V), 703-449-0634 (TTY) for more information.

**Public Safety**

SALT (Seniors & Law Enforcement Together) is designed to work as a source of information to help law enforcement agencies address crime-related issues that affect seniors. To learn more about these programs, contact Roseann Tergis at Area Agency on Aging, 703-324-5421 (V), 703-449-1186 (TTY).

**Senior Housing Options**

The County offers several senior housing options for people meeting income qualifications. Information can be obtained by calling the office of Specialized Housing Programs. To learn more about these programs, contact Ed Bridges at Senior and Specialized Housing Programs, 703-914-0551 (V), 703-385-3578 (TTY).

**Support Groups**

A support group is a group of people who meet regularly to discuss topics of concern to share resources and provide mutual assistance. County agencies coordinate numerous support groups for County residents including groups for:

- Low Vision
- Stroke
- Parkinsons
- Caregivers
- Diabetes
- Widow/Widower

These support groups are scheduled at senior centers. Call Jeanne Alcazar at Senior Services, 703-324-5528 (V), 703-222-9693 (TTY), for more information.

**Park Authority Classes**

The Park Authority schedules classes geared for seniors at a senior discounted rate. Information on these classes may be found in the Parktakes Magazine, available at every public library and online at [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks).

### **Requests For Brochures/Videos/Speakers**

Before you contact the Fairfax County for a brochure, video, or speaker, please ask yourself the following:

What does your group most want to learn about?

- adjusting to growing older
  - adult day care and respite care services
  - choosing an in-home care provider
  - - community meal programs
  - end-of-life decisions
  - exercise and other health promotion programs
  - getting along with different cultures in your neighborhood
  - grief, loss and loneliness
  - health insurance programs
  - home care services
  - home repair and modifications
  - housing options (senior housing: low-income, moderate income, assisted living, continuing care communities, nursing facilities)
  - long-term care facilities (nursing homes and assisted living)
  - medical services in our community
  - Pets-on-Wheels (volunteers take pets to nursing homes)
  - prescription drug programs
  - protection from neglect, abuse and exploitation of older adults
  - public benefits
  - public safety and individual safety
  - recreation services including adaptive recreation
  - social services
  - support for care givers
  - tax relief for elderly and disabled
  - transportation services
  - volunteer opportunities
- Or is there something else you are interested in?

**Brochure Requests** – please answer the following questions:

- What topic? (see the above list for ideas)
- Number of copies needed?
- By when do you need the brochures?
- Do you also need alternative formats (large print, Braille, on tape)?
- A few brochures are available in other languages. If available, what language other than English do you need?

Call Roseann Tergis at Area Agency on Aging, 703-324-5421 (V), 703-449-1186 (TTY), to arrange for brochures.

**Video Request** – please answer the following questions:

- What topic?
- Dates needed?
- What is the purpose of showing?
- Who will pick up and return the video?

Call Roseann Tergis at Area Agency on Aging, 703-324-5421 (V), 703-449-1186 (TTY), to borrow a video.

**Speaker Request** – Please answer the following questions:

- What topic
- What the audience hopes to learn
- Number of anticipated attendees
- Who is the audience (range of ages, leaders, caregivers?)
- Date and time of event
- Time scheduled for speaker (beginning and end time)
- If the groups primary language is not English
  - what is their primary language?
  - if we are unable to find a speaker who speaks that language, will you provide an interpreter?
- Location of meeting
- Is audio/visual equipment available?
- Do members of your group require any special accommodations?
- Who is the best person (including telephone number and e-mail, if possible) to work out the details with the speaker?

Call Beth Hershner at Area Agency on Aging, 703-324-5421 (V), 703-449-1186 (TTY), to arrange for a speaker to your organization.

We will try to find an available speaker for the time and date you choose, but this is not always possible. Please contact us well in advance so that we can have as much time as possible to work with you to find someone knowledgeable to speak.

This form is available in alternative formats. Please call Roseann Tergis at Area Agency on Aging, 703-324-5421 (V), 703-449-1186 (TTY), to arrange for alternative formats (Braille, large print, or tape).



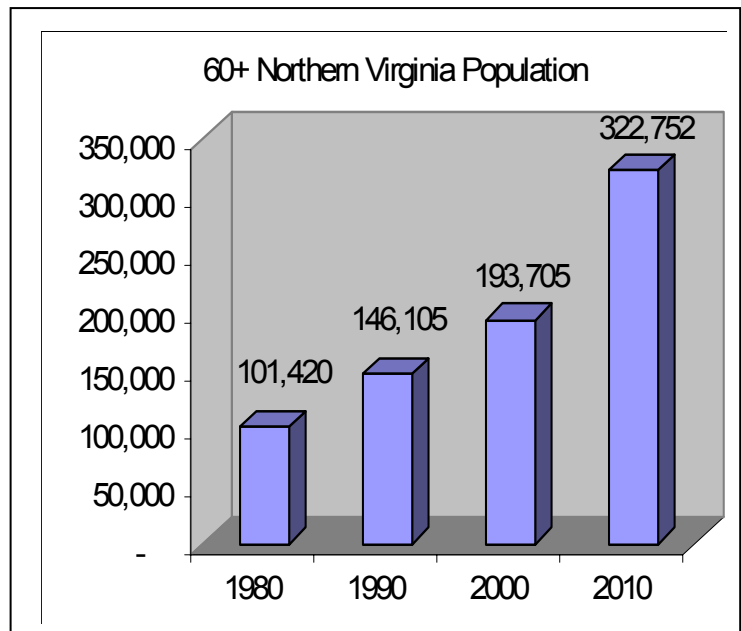
Fairfax County is committed to a policy of nondiscrimination in all county programs, services, and activities. This document will be provided in alternative formats, such as large print or Braille, upon request. Please call the Area Agency on Aging at 703-324-5421 (V), 703-449-1186 (TTY). Please allow at least 7 days for preparation of the material.

Attachment B:     ***2004 State Legislative Platform of the  
Northern Virginia Aging Network (NVAN)***

The 2004 State Legislative Platform of the Northern Virginia Aging Network (NVAN) supports improving the quality of life for older Virginians, making the Commonwealth “Elder Ready.”

According to the 2000 Census, the population of Virginians age 60+ exceeds one million. In Northern Virginia alone, this population has nearly doubled in the last 20 years. Dramatic growth in the senior population will escalate as the Baby Boomers mature – with the first reaching age 60 in just two short years. In addition, the state increasingly is becoming a retirement destination.

We want to make Virginia a good place to grow old. We want to give older Virginians a helping hand in five ways:



## **I. No Place Like Home -- Maintain & Enhance Essential Services**

- ◆ **Home and Community Based Care.** NVAN urges the General Assembly to restore to the Department for the Aging funding (\$1,838,241 cut for FY 2004) for home and community based services provided through the area agencies on aging.
- ◆ **Virginia Commonwealth University Center on Aging Funds.** NVAN urges the restoration of \$75,000 for the VCU Center on Aging to conduct critical research in gerontology, including biomedical and psychosocial research on dementia.

## **II. Affordable, Accessible Housing -- Make the State Elder Ready**

- ◆ **Affordable, Accessible Assisted Living.** NVAN recommends enactment of a pilot project to provide state funds to supplement operating costs for affordable assisted living, in conjunction with federally subsidized housing.
- ◆ **Home Modification.** NVAN recommends funding for home modification. These funds would be used as the required state match for the Medicaid Elderly Plus Waiver {1915(c) Home & Community Based Services Waiver} that will enable older Virginians with disabilities to remain in the community.
- ◆ **Visitability.** NVAN recommends enactment of “visitability” (basic accessibility) measures for new single-family homes in the Commonwealth, allowing older Virginians to remain in their homes as disabilities develop, and assisting families in caring for older relatives in their homes. The measures should include requirements for basic low-cost accessibility features in homes constructed with federal or state financial assistance; as well as incentives for homebuilders, and education of homebuilders, homebuyers and others.

### III. The High Cost of Poor Care – Reduce Risk for Older Virginians

- ♦ **Nursing Home Staffing.** NVAN urges the General Assembly to develop a nursing home staffing standard. NVAN also encourages an increase in minimum training requirements for nursing assistants to 160 hours, including training in appropriate feeding techniques and in dementia/Alzheimer's Disease care, as well as support for additional training, compensation, and a career ladder for direct-care staff.
- ♦ **Public Guardianship and Conservatorship Program.** NVAN urges the General Assembly to provide \$250,000 to the Department for the Aging for FY 2005 to expand the Public Guardianship and Conservator Program, to offer protection for the most vulnerable Virginians with no other options, thereby providing more cost-effective services.

### IV. Quality Health Care – Close Gaps for Older Virginians

- ♦ **Mental Health Services for Older Adults.** NVAN supports measures to help older Virginians with serious mental illness and dementia get the psychiatric placement and services they need (beginning with a study by the Joint Commission on Health Care's behavioral health subcommittee). This population has been "defined out" of mental health services and frequently faces closed doors.
- ♦ **Pain Management.** NVAN urges the General Assembly to develop a pain management standard in long-term care facilities. The Commonwealth should recognize an individual's basic need to be free from physical pain and should protect health care providers from prosecution in their good faith efforts to manage pain.
- ♦ **Availability of Assistive Technology.** (1) NVAN supports measures to increase training in the use of assistive technology products and low-cost home modification so older adults can regain personal independence, minimize caregiver burden, and reduce health costs. (2) NVAN supports funding to expand the programs for hearing assistive technology such as hearing aids and other communication devices for people with hearing loss.

### V. Other

NVAN also supports additional measures to maximize independence and promote services for older Virginians, including: (1) the development of new plans to finance **prescription medications**; (2) an increase in **Medicaid eligibility** from 80% (\$7,184 for a single person) to 100% (\$8,980 for a single person) of the Poverty Level; (3) a revision in the assisted living **Auxiliary Grant** program to make it completely state-funded by eliminating the local share; (4) an increase under the Medicaid "Elderly and Disabled Waiver" in the **personal maintenance allowance**; (5) initiatives to strengthen **adult protective services** (APS); (6) a study of the use of **adult foster care** as a promising long-term care option; and (7) increased funding for **long-term care ombudsman** services, which provides advocacy for vulnerable residents in long-term care facilities.

